

Get Your Butt Out The Door A 365 Day Motivational Runners Companion

The Day My Butt Went Psycho: TV Tie-In Where Is My Butt? Stop Losing Sleep Over the Size of Your Butt I Need a New Bum! I Need a New Bum! and Other Stories Get Your Butt Out the Door! I Broke My Butt! Becoming a Supple Leopard 2nd Edition God Said Butt Out Get Off Your "But" Butt Out! The Day My Butt Went Psycho Get Up Off Your Butt & Do it Now Run Your Butt Off! Sullivan's Promise Get Off Your Butt America! The Nonrunner's Marathon Guide for Women The Butt Book Nanaville Why We Work So to Speak Butt Out! Walk Your Butt Off! Get Published Staging Your Comeback Cook Your Butt Off! Bike Your Butt Off! I Could Pee on This Weird Parenting Wins Fences A Leadership Kick in the Ass Do Less I'm Not Sorry The Earth, My Butt, and Other Big Round Things Does This Clutter Make My Butt Look Fat? Does This Collar Make My Butt Look Big? Get Your Butt Off My Couch I Love You with All My Butt! Zombie Butts From Uranus Does This Book Make My Butt Look Big?

The Day My Butt Went Psycho: TV Tie-In

Cat lovers will laugh out loud at the quirkiness of their feline friends with these insightful and curious poems from the singular minds of housecats. In this hilarious book of tongue-in-cheek poetry, the author of the internationally syndicated comic strip Sally Forth helps cats unlock their creative potential and explain their odd behavior to ignorant humans. With titles like "Who Is That on Your Lap?," "This Is My Chair," "Kneel Before Me," "Nudge," and "Some of My Best Friends Are Dogs," the poems collected in *I Could Pee on This* perfectly capture the inner workings of the cat psyche. With photos of the cat authors throughout, this whimsical volume reveals kitties at their wackiest, and most exasperating (but always lovable).

Where Is My Butt?

Join in with the animal friends as they teach Hyena a lesson about butting out. Children will love squishing the butts of various wild animals throughout this hilarious board book. The squidgy butt-shaped touch is attached to the last page and die-cut through to the cover, so it's visible on every spread!

Stop Losing Sleep Over the Size of Your Butt

Updated and expanded with more than 80 pages of new content! Improve your athletic performance, extend your athletic career, treat stiffness and achy joints, and prevent and rehabilitate injuries—all without having to seek out a coach, doctor, chiropractor, physical therapist, or masseur. In *Becoming a Supple Leopard*, Dr. Kelly Starrett—founder of MobilityWOD.com—shares his revolutionary approach to mobility and maintenance of the human body and teaches you how to hack your own movement, allowing you to live a healthier, more fulfilling life. This new edition of the *New York Times* and *Wall Street Journal* bestseller has been thoroughly revised to make it even easier to put to use. Want to truly understand the principles that guide human movement? *Becoming a Supple Leopard* lays out a blueprint for moving safely and effectively through life and sport. Want to learn how to apply those principles to specific movements, whether you are doing squats in the gym or picking up a bag of groceries? Hundreds of step-by-step photos show you not

only how to perform a host of exercise movements, such the squat, deadlift, pushup, kettlebell swing, clean, snatch, and muscle-up, but also how to correct the common faults associated with those movements. Frustrated because you can't perform a certain movement correctly due to range of motion restrictions? Breaking the body down into 14 distinct areas, Starrett demonstrates hundreds of mobilization techniques that will help you resolve restrictions and reclaim your mobility. Unsure how to put it all together into a program that addresses your individual needs? This updated edition lays out dozens of prescriptions that allow you to hone in on a specific limitation, a nagging injury, or an exercise fault that you just can't seem to get right. It even offers a 14-day full-body mobility overhaul. Performance is what drives us as human beings, but dysfunctional movement patterns can bring the human body to an abrupt halt. Often, the factors that impede performance are invisible even to seasoned athletes and coaches. Becoming a Supple Leopard makes the invisible visible. Whether you are a professional athlete, a weekend warrior, or simply someone wanting to live healthy and free from physical restrictions, this one-of-a-kind training manual will teach you how to harness your athletic potential and maintain your body. Learn how to perform basic maintenance on your body, unlock your athletic potential, live pain-free and become a Supple Leopard. This step-by-step guide to movement and mobility will show you how to:

- Move safely and efficiently in all situations
- Organize your spine and joints in optimal, stable positions
- Restore normal function to your joints and tissues
- Accelerate recovery after training sessions and competition
- Properly perform strength and conditioning movements like the squat, bench press, pushup, deadlift, clean, and snatch
- Build efficient, transferable movement patterns and skill progressions from simple to more advanced exercises
- Identify, diagnose, and correct inefficient movement patterns
- Treat and resolve common symptoms like low back pain, carpal tunnel, shoulder pain, and tennis elbow
- Prevent and rehabilitate common athletic injuries
- Use mobilization techniques to address short and stiff muscles, soft tissue and joint capsule restriction, motor control problems, and joint range of motion limitations
- Create personalized mobility prescriptions to improve movement efficiency

I Need a New Bum!

A heart-stopping, nostril-burning sequel to the international bestseller *The Day My Butt Went Psycho!* Find out what happens when butts attack . . . from outer space! The butts strike back! This thrilling sequel to the bestselling *The Day My Butt Went Psycho* boldly goes where no butt has gone before. It's a heart-stopping, nostril-burning intergalactic adventure, and the fate of the earth itself lies in the balance. Can young Zack stop an invasion of Zombie Butts from taking over the planet? Or is Earth doomed to suffer the tyranny of the stinkiest space invaders this side of Uranus?

I Need a New Bum! and Other Stories

Read the delightfully silly series that inspired the television animation. Zack Freeman is ready to tell his story The story of a boy and his crazy, runaway bum. It's the story of a crack bum-fighting unit called the B-team, a legendary Bum Hunter and his formidable daughter, and some of the biggest, ugliest and meanest bums ever to roam the face of the Earth. A story of courage and endurance that takes Zack on a journey across the Great Windy Desert, through the Brown Forest and over the Sea of Bums before descending into the heart of an explosive bumcano to confront the biggest, ugliest and meanest bum of them all

Get Your Butt Out the Door

Two unforgiving lovers reunite for the sake of their child in this fiery contemporary romance from the New York Times bestselling author of Surrender. Facing the unexpected consequences of a life-altering night of passion with a cowboy she met in a Jackson Hole bar, and with her life committed to protecting endangered species, Victoria Grayhawk does what she believes is the right thing. She hunts down the cowboy, seeking his agreement that their baby should be adopted by a loving family. Montana rancher Ryan Sullivan has no intention of giving away his own flesh and blood, and takes their son to raise himself. When Vick realizes what a horrible mistake she's made, and wants back into their child's life, Rye remains inflexible--because once trust is lost there are no second chances--until an attack by one of the grizzlies Vick has spent her life protecting changes everything and Rye learns that sometimes love can heal all wounds. The passionate Westerns in Joan Johnston's Bitter Creek series can be enjoyed together or separately, in any order: TEXAS BRIDE * WYOMING BRIDE * MONTANA BRIDE * SINFUL * SHAMELESS * BLACKTHORNE'S BRIDE * SULLIVAN'S PROMISE

I Broke My Butt!

A Michael L. Printz Honor Book * An ALA Best Book for Young Adults * A YALSA Teens' Top Ten Book * An NYPL Book for the Teen Age Carolyn Mackler's Printz Honor book--starring the unforgettably funny, body-conscious Virginia Shreves--returns in this 15th anniversary edition featuring text updates and never-before-seen material from the author. Fifteen-year-old Virginia feels like a plus-sized black sheep in her family, especially next to her perfect big brother Byron. Not to mention her best friend has moved, leaving Virginia to navigate an awkward relationship with a boy alone. He might like her now . . . but she has her doubts about how he'll react if he ever looks under all her layers of clothes. In order to survive, Virginia decides to follow a "Fat Girl Code of Conduct," which works, until the unthinkable causes her family's façade to crumble. As her world spins out of orbit, she realizes that being true to herself might be the only way back. Told in a perfect blend of humor and heart, this acclaimed Printz Honor winner resonates as much today as it did when it first published, and now features a new author foreword, text updates, and other bonus content.

Becoming a Supple Leopard 2nd Edition

Combines Runner's World insights with the expertise of a professional sports nutritionist to counsel readers on how to reach weight-loss goals by simultaneously reducing calorie intake and increasing calories burned, sharing advice for such areas as shopping, cooking and exercise. Original. 35,000 first printing.

God Said Butt Out

In much the same way that a cluttered home can stop you from living your best life, it can also sabotage your best efforts at controlling your weight. Most people who diet don't just go on one diet and succeed; they go on three or five or ten. And for most people, the diets fail because most diets are only about losing weight - they don't drill down into why you are carrying that weight around and why you want to lose it. In his years as a professional organiser,

Walsh found time and time again that people hid their real problems behind their "stuff." Peter believes that the secret to understanding how you got here and how to fix it all starts with one simple question: "Are you living the life you imagined?" Weight loss is much simpler when you can focus not on the excess baggage of the kilos, but on how your weight is holding you back from being the person of your dreams. Does This Clutter Make My Butt Look Fat? will show you how to redefine your relationship to what you own and consume, and in so doing, redefine how you live your life. Once you understand the reasons behind the clutter and chaos in your home and your eating habits, you can take control of your kitchen, your pantry and your refrigerator to achieve a healthy balance. Often a guest on The Oprah Winfrey Show, Peter Walsh is also the author of the New York Times bestseller It's All Too Much.

Get Off Your "But"

The book behind the viral internet sensation of "The Scottish Granny" reading this story to her grandchild. A young boy suddenly notices a big problem - his bum has a huge crack! So he sets off to find a new one. Will he choose an armor-plated bum? A rocket bum? A robot bum? Find out in this silly, quirky tale with hilarious illustrations. Children and parents will love this book - no ifs, ands, or butts about it! "I can assure you right now that your kids will love this book. They will giggle, they will laugh, and they will want this book to be read over and over again because it is just plain silly and funny the perfect kid-combo." Storywraps

Butt Out!

Make way for the butt! Tall butts, short butts, round butts, flat butts. Butts on mummies and butts on mommies. Butts on giraffes and elephants and dogs and FISH? Yes, even fish butts are celebrated in this tribute to backsides, rumps, tushies, keisters, heinies, and derrieres. Dozens of funny rhymes and pages of laugh-out-loud pictures pay homage to a body part that keeps kids and grown-ups giggling with glee. Bottoms up!

The Day My Butt Went Psycho

Unconventional--yet effective--parenting strategies, carefully curated by the creator of the popular podcast The Longest Shortest Time Some of the best parenting advice that Hillary Frank ever received did not come from parenting experts, but from friends and podcast listeners who acted on a whim, often in moments of desperation. These "weird parenting wins" were born of moments when the expert advice wasn't working, and instead of freaking out, these parents had a stroke of genius. For example, there's the dad who pig-snorted in his baby's ear to get her to stop crying, and the mom who made a "flat daddy" out of cardboard and sat it at the dinner table when her kids were missing their deployed military father. Every parent and kid is unique, and as we get to know our kids, we can figure out what makes them tick. Because this is an ongoing process, Weird Parenting Wins covers children of all ages, ranging in topics from "The Art of Getting Your Kid to Act Like a Person" (on hygiene, potty training, and manners) to "The Art of Getting Your Kid to Tell You Things" (because eventually, they're going to be tight-lipped). You may find that someone else's weird parenting win works for you, or you might be inspired to try something new the next time you're stuck in a parenting rut. Or maybe you'll just get a good laugh out of the mom who got her kid to try beets because it might turn her poop pink.

Get Up Off Your Butt & Do it Now

This book will teach you to identify ten barriers that block success and how to prevent them from happening to you. It also shows you the three keys to staying motivated and how to develop clear vision as you define your purpose. If you want to stop procrastinating, eliminate negative people in your life, improve and enhance your self-esteem, and pursue your passion in life, you'll want to read what Jermaine Davis offers in this book.

Run Your Butt Off!

Do you know where your butt is? Morty the penguin has no idea! He's pretty sure he has one, but where IS it? So he does what any reasonable penguin would do: ask. But no one around him can help, so he goes on a wild trip--all the way to outer space-- to find the answer. Morty's crazy adventures will make kids laugh their butts off!

Sullivan's Promise

During the 1950s Troy Maxson struggles against racism and tries to preserve his feelings of pride in himself.

Get Off Your Butt America!

These cats have destroyed curtains, scratched couches, bitten hands, shredded toilet paper and they are not sorry. Now they decided to celebrate their achievements in these insightful and funny poems written by themselves. With titles like "It's 6 a.m., time to wake up", "I hate the vet", "Oops, I did it again", "Let me in", and "Red dot, red dot", this collection of laugh-out-loud poems offers a cat's view on common wacky and exasperating feline behavior. It's the perfect gift for crazy cat lovers who appreciate hilarious insights into the feline nature.

The Nonrunner's Marathon Guide for Women

This book is intended to do just that, to help make your daily run happen. No matter if you are an Olympic athlete or just trying to break a sweat. When work, family or your mind and body seem to gang up to stop you from getting out that door, these 365 motivational pokes will give you the ammo you need to thwart the assault on your daily run-your daily bread.

The Butt Book

Are you tired of not succeeding no matter how many times you have tried, tried again? Are your book shelves lined with self-help and motivational products that claim to have the keys to success, but those keys don't seem to open your locked doors? Then this book definitely has a message for you! So

what makes this success program any different from all those others you have experienced in the past? The unique focus of this book is that it's not meant to replace any success program on the market; the message contained within this book is intended to enhance your experience of those programs. In addition, it aims to reveal your hidden weaknesses and personal strategies for self sabotage, while exposing the weapons of your adversaries. Weapons created, designed, and given freely to your enemies - by none other than you. The mission of the GOD SAID BUTT OUT series is to help you build a bridge. Too many of us are standing on one shore, while the results of our dreams and desires remain waiting for us on an elusive distant shore. After reading this book (and our continuing series) our intention is that you will be empowered with a personal insight into who you really are, and why your desired results have eluded you. Then, as you study the gospel of the motivational preachers and their keys to success - their roadmap to a better life - you will finally succeed in building a bridge to your destiny. How? By using proven methods that will finally work because you have achieved a better understanding of you.

Nanaville

Dawn Dais hated running. And it didn't like her much, either. Her fitness routine consisted of avoiding the stairs in her own house, because who really has the energy to climb stairs? It was with this exercise philosophy firmly in place that she set off to complete a marathon. The Nonrunner's Marathon Guide for Women is a fun training manual for women who don't believe that running is their biological destiny but who dream of crossing the finish line nonetheless. Dais's audiobook features a realistic training schedule and is chock-full of how-to's and funny observations, which she felt were lacking in the guides she had consulted. She also integrates entries from her journal, sharing everything would-be marathoners need to know about the gear, the blisters, the early morning workouts, the late-night carb binges, and most important of all, the amazing rewards. Anyone can do a marathon. This audiobook just makes the experience a little more bearable and a lot more fun.

Why We Work

Carson Kressley, the Emmy-winning TV star and New York Times bestselling author of *Queer Eye for the Straight Guy*, has spent the last decade transforming thousands of women and connecting with millions more on Oprah Winfrey, Good Morning America, and countless other national broadcasts. He knows what makes women tick. Whether we live in Tacoma or Tallahassee, there is a common thread among all of us: we want to feel beautiful but don't always know where to start. We're frequently frustrated by fashion and can't figure out which trends to follow and which to flee. Does *This Book Make My Butt Look Big?* is a roadmap for all of us to build unshakable body and fashion confidence. Nowhere else is there a fun and accessible book created for the underserved masses like us, who just want to get out the door looking and feeling fabulous. Who don't have gobs of money to drop on our wardrobe and feel left out of the game. And when it comes to how we feel about our bodies, all we see are roadblocks and signs for Burger King! We need to be reminded that fashion is FUN. We need to know that with the right tools, we have the power to transform our self-perception by shifting our mindset from woe-is-me to wow-is-me. We need the secrets of playing to our strengths and minimizing our flaws. We need to take more chances, and leave what doesn't work in the dust. Most of all, we need Carson, our peppy, blond fairy godstylist, to show us the way!

So to Speak

Christopher Hopkins first became known as "The Makeover Guy" during his two appearances in Oprah's over-50 makeover shows. Since then, he has dedicated his talents and passion for fashion, makeup, and hair care to this booming audience of women. In *Staging Your Comeback*, Hopkins champions women over 45, teaching them how to command attention by looking and feeling great. With compassion and brutal honesty, Hopkins tackles and rectifies problems that women face as they age. Hopkins's simple tips and tricks help women create their own self-expression and turnaround common mistakes they make in fashion and hair and skin care. Some topics include: Gray or nay? Your ideal hair color Working with over-40 skin Discover your image profile Second-act ground rules Your ideal silhouette When symmetry goes south Myths and misconceptions Long hair in act two: Does it work? Managing curl What you need to know about undergarments Fads, trends, and classics

Butt Out!

Walk Your Butt Off!

A complete guide to shedding pounds, burning fat, and strengthening one's core through cycling In just 12-weeks, beginner- and experienced- cyclists alike will learn the heart-pumping techniques designed to lose the weight, rediscover the thrill, and welcome challenges of bicycling! With delicious nutritional information, tips, training plans, and core-strengthening exercises, readers will see the pounds melt off while having the time of their lives. With *Bike Your Butt Off!*, the synergy of weight loss and cycling has never been easier to adopt. Author Selene Yeager guides the beginning cyclist through exercises, goals, and techniques in order to lose the weight and nourish a love for cycling. With the economic climate in this country, cycling is enjoying its renaissance as people by the millions are turning to this iconic pastime in this country. Along with the weight epidemic, these two movements go hand in hand in helping each other lose the pounds, and rediscover this enjoyable, nostalgic activity, with more than 57 million people in the United States alone who use bicycles regularly. With weight loss/fat loss goals, Yeager highlights fat-burning and heart-pumping exercises to help maximize one's workout, along with nutritionist Leslie Bonci's health expertise. Whether the reader has just a little bit of weight to lose, or really quite a lot, *Bike Your Butt Off!* will help him or her to meet their weight-loss goals in no time—thanks to its expert-tested food and exercise plans.

Get Published

A woman's guide to getting rid of her deadbeat husband, boyfriend or boo thing.

Staging Your Comeback

With their unique brand of rhyme, crazy humour and zany drawings, Dawn McMillan and Ross Kinnaird have become a favourite with kids worldwide. Together with the bestselling *I Need a New Bum!*, this special collection returns to print two other hilarious tales: *Doggy Doo on my Shoe* and *Seagull Sid* (and the naughty things his seagulls did!).

Cook Your Butt Off!

"This is one of the most unique and valuable books you will read all year, and I highly recommend it." —Jim Kouzes, coauthor of the bestselling and award-winning *The Leadership Challenge* and Dean's Executive Fellow of Leadership, Leavey School of Business, Santa Clara University Even the best leaders—in fact, most of the best leaders—start out as decidedly bad ones. And sooner or later they reach a moment of reckoning that leadership expert Bill Treasurer calls the leadership kick in the ass. When it happens, it feels like it's all over. But Treasurer says that with the right attitude, that kick can be a new beginning. Based on his work with thousands of leaders, this book reveals how to turn those ego-bruising events into the kind of transformative experiences that mark the paths of great leaders. As Steve Jobs famously said, "Getting fired was the best thing that ever happened to me." This book is a survival guide, coach, and morale booster to help you use that kick to move forward instead of fall down. If you succeed, the next place you get kicked might be upstairs.

Bike Your Butt Off!

"Sean is an amazing person with an important message." —President Bill Clinton "Sean Stephenson is the Yoda of personal development, with less pointy ears." —Jimmy Kimmel, host of ABC's *Jimmy Kimmel Live* "As we struggle with inertia to become the best that we can be, Sean Stephenson's book informs and inspires us to stand up and keep moving forward. Thank you, Sean, for your life, your work, and your abundant sharing." —Ken Blanchard, coauthor, *The One Minute Manager* "Sean Stephenson is a hero to me. When you read his book, he will be a hero to you as well. His moving stories about himself and others who have found the gifts in their pain will teach you so much about courage and, just as important, you will learn how to build your own sense of confidence when it comes to health, career, relationships, and more. Do yourself a favor read this book!" —Susan Jeffers, Ph.D., author, *Feel the Fear and Do It Anyway*® and *Embracing Uncertainty*

I Could Pee on This

An eye-opening, groundbreaking tour of the purpose of work in our lives, showing how work operates in our culture and how you can find your own path to happiness in the workplace. Why do we work? The question seems so simple. But Professor Barry Schwartz proves that the answer is surprising, complex, and urgent. We've long been taught that the reason we work is primarily for a paycheck. In fact, we've shaped much of the infrastructure of our society to accommodate this belief. Then why are so many people dissatisfied with their work, despite healthy compensation? And why do so many people find immense fulfillment and satisfaction through "menial" jobs? Schwartz explores why so many believe that the goal for working should be to earn money, how we arrived to believe that paying workers more leads to better work, and why this has made our society confused, unhappy, and has established a dangerously misguided system. Through fascinating studies and compelling anecdotes, this book dispels this myth. Schwartz takes us through hospitals and hair salons, auto plants and boardrooms, showing workers in all walks of life, showcasing the trends and patterns that lead to happiness in the workplace. Ultimately, Schwartz proves that the root of what drives us to do good work can rarely be incentivized, and that the cause of bad work is often an attempt to do just that. How did we get to this tangled place? How do we change the way we work? With great insight and wisdom, Schwartz shows us how to take our first steps toward understanding, and empowering us all to find great work.

Weird Parenting Wins

Baboon LOVES having his butt out! How cheeky! What happens when all the well-dressed animals in town tell him to cover up?

Fences

"Before mommy blogs were even invented, Anna Quindlen became a go-to writer on the joys and challenges of motherhood in her nationally syndicated column. Now she's taking the next step and going full Nana in the pages of this lively and moving book about her grandchildren, her children, and her new and remarkable role"--

A Leadership Kick in the Ass

The Human Genome Project began in 1997 with the merging of three research centers Lawrence Berkley, Lawrence Livermore, and Los Alamos National Laboratories into the Joint Genome Institute under the collaborate effort of the three, it made for an intense focus on the makeup of man. The knowledge of the 24 chromosomes and their 30,000 genes affected many areas of science, such as agriculture, medicine, and mechanics. Yet, after several years and exciting breakthrough this science is still in its infancy. The ramifications in the manipulation and uses of this exciting field are still unknown.

Do Less

The practical walking program that takes readers from flabby to fit in 12 weeks with a variety of walks and easy-to-incorporate lifestyle changes This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster. Developed by former Prevention fitness director and walking expert Michele Stanten, Walk Your Butt Off! will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and boost their results. Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day. And, at no more than 30 minutes each, these daily walks can fit into even the busiest schedule. Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci, this easy step-by-step guide to permanent weight loss is suitable for everyone.

I'm Not Sorry

Engage with everyday expressions in a completely different (and fun!) way, with this entertaining and interactive book of common phrases that can turn a humdrum gathering into a raucous game night. We use expressions all the time. When you feel sick, you're "under the weather." When you feel great, you're "on top of the world." You may be fine with "half a loaf," or you may insist on "the whole enchilada." But whether you're a "smart cookie" or a tough one, you—and almost everyone you know—have a veritable smorgasbord of expressions stored deep in your brain. So to Speak: 11,000 Expressions

That'll Knock Your Socks Off is the largest expressions book of its kind. Thoughtfully divided into sixty-four categories—from Animals to Food & Cooking, from Love to Politics—these clever expressions (plus the dozens of game recommendations in the book) will keep you entertained for days. Authors Shirley and Harold Kobliner spent more than half a century nurturing and teaching children. So to Speak is a reflection of their deeply held belief that regardless of a person's age, the most impactful learning happens when you're having fun. Whether it's grandparents teaching their favorite expressions to their grandkids, teens helping adults with the latest lingo, or millennials indulging in their love of wordplay and games, this is the perfect book to celebrate the joy of words and expressions.

The Earth, My Butt, and Other Big Round Things

We just can't get enough of the funny stuff kids say. We share our own children's gems with friends and family. If we're smart, we write down these scraps of accidental poetry. And we turn them into books. Martin Bruckner is an artist and father who not only recorded the sayings of his daughter, Harper, but used each as the inspiration for a work of art. After posting them on social media, Bruckner became the artist that other parents sought out to transform their own children's funny words into artwork. Collected here are 100 mini-posters of pure delight, a marriage of the children's surprising wisdom and the artist's nimble style, plus the occasional backstory that amplifies both. Every parent will recognize the spirited declarations of personality—"I'm training to be a wolf." The endearing mangling of language—"Mommy, I don't need your mouth to talk to me right now." The creative mixing of metaphors—"I need a tissue to wipe my feelings." Those precious, heartbreaking outbursts without guile or filters—"I only love you at the toy store." Illustrated with sweetness and whimsy, each is a window into the irresistible innocence of childhood, even if the sentiment is "Dad, please wipe the bum of this beautiful princess."

Does This Clutter Make My Butt Look Fat?

A practical and spiritual guide for working moms to learn how to have more by doing less. This is a book for working women and mothers who are ready to release the culturally inherited belief that their worth is equal to their productivity, and instead create a personal and professional life that's based on presence, meaning, and joy. As opposed to focusing on "fitting it all in," time management, and leaning in, as so many books geared at ambitious women do, this book embraces the notion that through doing less women can have--and be--more. The addiction to busyness and the obsession with always trying to do more leads women, especially working mothers, to feel like they're always failing their families, their careers, their spouses, and themselves. This book will give women the permission and tools to change the way they approach their lives and allow them to embrace living in tune with the cyclical nature of the feminine, cutting out the extraneous busyness from their lives so they have more satisfaction and joy, and letting themselves be more often instead of doing all the time. Do Less offers the reader a series of 14 experiments to try to see what would happen if she did less in one specific way. So, rather than approaching doing less as an entire life overhaul (which is overwhelming in and of itself), this book gives the reader bite-sized steps to try incorporating over 2 weeks!

Does This Collar Make My Butt Look Big?

This diet-guide parody shows "extra furry" cats how to get svelte with kitty-specific versions of popular weight-loss and fitness regimes like the Zone, South Beach, Mayo Clinic, and French Women Don't Get Fat (But Their Cats Do). Americans own more than 86 million cats, and the wild popularity of cat videos--from YouTube to the Internet Cat Video Film Festival--proves that cat-lovers can't get enough kitty humor. This book pokes fun at tubby tabbies--the world's cutest (and surliest) fat creatures--with laugh-out-loud details that will tickle the funnybone of anyone "owned" by a cat. Lampooning trendy weight-loss regimes and health gurus, this book will also make people feel better about their own battle of the bulge in comparison to cats' insatiable appetites and lazy lifestyles. By eating right for their blood type, sourcing raw and living foods, joining Weight Stalkers, avoiding toxic treats, and exercising while lying down, felines of every shape (round) and size (round) will soon be motivated to ditch the fifth serving of Beef Morsels in Gravy for fresh, local options like that vole in the backyard.

Get Your Butt Off My Couch

It has never been easy for new authors to find a publisher but in the last few years it has become significantly harder. In 2008, the average author earned less than £7000 per annum. According to The Times approximately 200,000 books were available for sale in the UK in 2007. Of that total, 190,000 titles sold fewer than 3,500 copies. The top 5% of titles by sales volume accounted for over 60% of total book sales. No wonder publishers are careful about signing new writers. But there is good news in amongst all the doom and gloom. Right now, it has never been easier to be published. Everyone who posts something on Facebook is in effect a published author. And some blogs are read by tens of thousands of people daily, many more than might pick up a physical book by the same author. Then there's self-publishing, vanity publishing, print on demand and so on. But how do you find your way round this minefield? Get published has been written by publishing insiders to help new authors understand the way publishers think and set about publishing if they can't get a commercial publisher interested.

I Love You with All My Butt!

Turn the kitchen into your gym! #1 New York Times bestseller and celebrity chef Rocco DiSpirito helps you stay ahead of your calorie intake by cooking healthy and delicious dishes--all sugar-, gluten-, and lactose-free--designed to burn more calories than they contain! Cardio Cooking is a uniquely engineered type of cooking formulated to help readers burn calories and lose weight while they cook. That's right--for the first time, Rocco turns dinnertime into workout time, showing how to burn calories automatically in the kitchen. These delicious, easy-to-follow recipes were tested for calorie content and calorie burn. It includes 75 all new recipes based on foods that are sugar-free, dairy-free, gluten-free, high in prebiotics/probiotics, high in fiber, and supportive of the body's acid-alkaline balance. Whole foods grown locally and made at home equal whole body fitness. Complete with informative sidebars, tips, and tricks to help increase heart rate and physical activity during the cooking process. This book offers exactly what dieters need to cook their butts off!

Zombie Butts From Uranus

A story that you and your butt will never forget! Join Zack on his epic journey across the Great Windy Desert and through the Brown Forest, to reclaim his runaway butt. (Based on a true story.) Zack Freeman is ready to tell his story the story of a brave young boy and his crazy runaway butt. The story of a crack butt-fighting unit called the B-team, a legendary Butt Hunter's formidable daughter, and some of the ugliest and meanest butts ever to roam the face of the Earth. A story of endurance that takes Zack on an epic journey across the Great Windy Desert, through the Brown Forest, and over the Sea of Butts before descending into the heart of an explosive buttcano to confront the biggest, ugliest, and meanest butt of them all! It's a story you and your butt will never forget!

Does This Book Make My Butt Look Big?

The inventive young hero from the bestselling *I Need a New Butt!* is back and this time he has accidentally glued a serving tray to his behind — and it's great for sliding down hills, surfing big waves, and other booty-full fun. Now all his friends want one too!

Free Reading Get Your Butt Out The Door A 365 Day Motivational Runners Companion

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